VALUABLE MEDICINES

IN

Granular Effervescent Form

ALFRED BISHOP'S

POPULAR GUIDES TO HEALTH

No. 4.

WELLCOME LIBRARY INSTITUTE

ALL GENUINE

Bishop's

Granular Effervescent

Preparations

bear this Trade Mark conspicuously printed in Red on the Labels.

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Bishop's Preparations may be obtained of all Chemists, both at home and abroad.

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VALUABLE REMEDIES

IN GRANULAR

EFFERVESCENT FORM

THE first Granular Effervescent preparation ever made was Bishop's Citrate of Magnesia, which was invented by ALFRED BISHOP in 1857. This form of administering a remedy proved to be so superior in many respects to others then in use, that Bishop's Magnesia was quickly followed by the introduction of some other Granular Effervescent preparations, such as Citrate of Caffeine, Citrate of Lithia and Sulphate of Soda. To keep pace with the advance of Chemistry and Pharmacy, we have constantly added to these original products until our list of Granular Effervescent products is now the most comprehensive.

Insist on having Bishop's Preparations.

Our Granular Effervescent preparations met with immediate success. They won the instant approval of the medical profession, not only because of their purity and accuracy of dosage, but also because, when administered in this form, medicaments are immediately assimilated by the system, and their instant and full activity is thus assured.

Bishop's Granular Effervescent preparations also gained immediate popularity with the public, who appreciated the delightful palatability of the sparkling draughts which are formed when they are dissolved in hot or cold water, and which disguises completely any unpleasant taste there may be in the medicaments they contain. The public also recognised at once the same merits that appealed to medical men, and as a consequence Bishop's Granular Effervescent preparations have been the standard for over sixty years and have enjoyed the highest reputation, which has not been obtained by any of the imitations which their success called forth. Bishop's Granular Effervescent preparations have

won four highest awards at International exhibitions.

" The Lancet," referring to Bishop's Preparations, writes :—

" Their excellence is well known."

" The British Medical Journal " says :—

" The name of Mr. Bishop is a " sufficient guarantee to the profession " that the article is skilfully prepared."

In the following pages a few of our preparations are briefly described. The particulars given are sufficiently comprehensive to enable the reader to choose which product will be most suitable in any particular case. Some of our preparations are described at length in separate books, a list of which is printed on the back cover of this Booklet.

Any of these " Guides to Health " will be sent post free to any address in the United Kingdom.

Insist on having Bishop's Preparations.

BISHOP'S ALETTES

For Indigestion.

There are sound reasons why Alettes work wonders in banishing the pain and discomfort caused by faulty digestion. Firstly, Alettes restore tone to the stomach, thus ensuring an adequate supply of healthy gastric juice to lighten the work of the stomach. Secondly, Alettes enable the enfeebled stomach to perform its work of digestion. Thirdly, they promote efficient bowel digestion by stimulating the production of those secretions which deal with fats and starches, thereby preventing these foods from fermenting and turning to acid, with the inevitable flatulence and other distressing symptoms of bowel indigestion.

Thus, Alettes not only relieve the painful symptoms of indigestion, but correct the fundamental cause of it.

BISHOP'S
Granular Effervescent
CAFFEINE.

This valuable and harmless preparation is presented in a granular effervescent form which, added to water, produces a delightfully palatable beverage containing one of the most quickly efficacious

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remedies in the case of weariness and exhaustion consequent on mental or bodily strain.

Small doses are of distinct benefit in intellectual work as recent physiological experiments have clearly proved, and Bishop's Caffeine will enable more mental work to be done, both easier and better, than without it.

Bishop's Caffeine may be likened to a lubricant, more work can be accomplished without further expenditure of tissue or energy, and its use does not cause strain of the nervous and muscular systems, but enables them to act with greater ease.

Bishop's Caffeine stimulates the central nervous system, particularly that part associated with the physical functions, the ideas become clearer, thought flows more easily and rapidly, and fatigue and drowsiness disappear.

Bishop's Caffeine is perfectly safe to use and is also invaluable for many forms of headache.

Bishop's Caffeine in its action is like a word of encouragement, rather than a whip, to the tired horse.

BISHOP'S NATURAL FRUIT SALINE.

Bishop's Natural Fruit Saline makes a sparkling, effervescing drink of bright, agreeable flavour, which cools and purifies

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the blood, keeps the liver and kidneys acting naturally, and removes waste matter from the body. It is most delightful as a thirst quencher, but it is very much more than this, since its regular use prevents many of the minor illnesses from which we all suffer at times.

All sufferers from a sluggish liver, disordered stomach, constipation or headache, should make a practice of taking at frequent intervals a teaspoonful of Bishop's Natural Fruit Saline dissolved in half a tumbler or more of hot or cold water. The regular use of Bishop's Natural Fruit Saline prevents the headaches, heaviness and lassitude that result from a congested liver or deranged digestive organs, and by removing pimples and blotches it clears the skin and beautifies the complexion. It banishes depression and raises the spirits ; clears the head and makes brain work easier ; it improves the appetite and improves the building up of physical strength.

BISHOP'S
Granular Effervescent
CITRATE OF PIPERAZINE.

Citrate of Piperazine is the most powerful solvent of uric acid known, and is therefore the most effective remedy for the gravest

uric acid disorders. The most stubborn cases of Gout, Rheumatic Gout, Sciatica, Lumbago, Gouty Eczema, Gravel and Renal Calculi, which will not yield to the ordinary treatment by alkalis and alkaline waters, are relieved by Citrate of Piperazine, and their recurrence prevented by a continuation of the remedy.

Citrate of Piperazine taken for a few days in anticipation of the periodic attacks of chronic or acute gout entirely prevents their development, and continued regularly, insures the gouty subject complete immunity from suffering.

Among the more common and annoying forms of the uric acid diathesis are painful and swollen joints, especially of the fingers and elbows, and inflamed eye-lids. In these cases Citrate of Piperazine relieves the pain and inflammation and reduces the swelling. Long standing cases of Sciatica, after resisting other forms of treatment, have yielded to Citrate of Piperazine, especially when it has been administered in combination with Phenocoll Hydrochloride.

Citrate of Piperazine is sold in two sizes by all Chemists and Stores, or it may be had direct from us.

Insist on having Bishop's Preparations

BISHOP'S
Granular Effervescent
PIPERAZINE CITRATE AND PHENOCOLL HYDROCHLORIDE.

Piperazine Citrate as a solvent of uric acid concretions, and Phenocoll as an antipyretic and analgesic—make this combination particularly suitable for administration in gouty and rheumatic diseases, especially when attended by great pain, and its value has been tested and proved by the practical experience of scientists of the highest authority.

Hitherto analgesics, such as Antipyrin, have been employed but, as a rule, with only partial success and, moreover, it was necessary to limit the dose, owing to their toxic effect on the system. For this reason Phenocoll is a most welcome discovery, inasmuch as 120 grains given in single doses have produced no ill-effects, either on the circulation of the blood or on the heart; and it has been shown by pathologists that Phenocoll essentially deserves the specific title of an effectual anti-rheumatic. This induced the combination of Phenocoll with

the non-toxic and non-irritant Piperazine Citrate, which has proved a most effective remedy in all cases of Rheumatic Gout, Rheumatism and Sciatica.

It is sold in one size only by all Chemists and Stores, or it may be had direct from us.

BISHOP'S LITMOPYRINE.

Bishop's Litmopyrine is Aspirin in the ideal state of convenience and reliability.

Being readily soluble in water it begins to act at once, while Aspirin frequently passes through the system unchanged.

Litmopyrine is more certain in its action and exceptionally rapid in relieving Headaches, Neuralgia, Rheumatism, Sleeplessness, Influenza, and in stopping an oncoming cold.

Litmopyrine is safe to take as it does not disturb the digestion nor affect the heart.

Litmopyrine is supplied as a Granular Effervescent and also in Tablets.

One to three Litmopyrine Tablets may be taken at a time dissolved in water, or if swallowed whole, followed by a little water or tea.

Insist on having Bishop's Preparations.

BISHOP'S
Granular Effervescent
CITRATE OF POTASH.

A very agreeable, mild and cooling laxative; exercising at the same time a bland and beneficial effect on the Kidneys. It is largely used to promote kidney action, and to cause an increased secretion of urine in gouty complaints and bladder troubles. It is a valuable anti-febrile, and a specific for overcoming flatulent indigestion, if taken two or three hours after meals. It is largely used to counteract acidity of the stomach. Bishop's Citrate of Potash is one of the pleasantest granular effervescent preparations owing to its brisk effervescence and grateful palatability, and is often taken with meals as a beverage, like Soda or Lithia Waters.

Of all Chemists and Stores, or direct from us.

BISHOP'S
Granular Effervescent
PHOSPHATE OF SODA.

A gentle, tasteless aperient, well suited to delicate persons and children. It is very

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useful also in small doses as a diuretic and antacid, having a beneficial effect in changing the character of the urine, increasing its power for getting rid of uric acid, which is so harmful if allowed to accumulate in the system. A teaspoonful or more in about half a tumbler of water taken on rising will prove a mild efficient aperient.

Of all Chemists and Stores, or direct from us.

BISHOP'S RUMOLEO.
A New Departure.

Upon applying a little Rumoleo to an aching, swollen or bruised part, rapid absorption takes place; the soothing, healing antiseptic medicaments of the remedy sink right down to the very centre of the trouble, carrying ease and comfort to the tortured nerves and tissues, and causing the pain to abate. In the same manner, by penetrating to the innermost cartilages and ligaments of the joints, Bishop's Rumoleo quickly banishes stiffness and reduces swelling, whilst for taking out pain and extreme tenderness from a sprain there is nothing to equal this wonderful balm.

Supplied both as a liquid and a cream.

Insist on having Bishop's Preparations.

BISHOP'S
Granular Effervescent
SULPHATE OF SODA.

A gentle aperient which, in its action, resembles the mildly purgative waters of the Continent, of which Sulphate of Soda is the principal constituent. Bishop's Granular Effervescent Sulphate of Soda is, however, quite free from the objectionable and even nauseous taste of many of the Continental aperient waters. It forms, in fact, a bright sparkling effervescent draught which is most palatable and refreshing. Sulphate of Soda is spoken of by Dr. Rutherford in the highest terms as " a moderately powerful stimulant of the liver, and a powerful stimulant of the intestines." It is useful in cases of gall stones and liver complaint, and is given in small repeated doses for gouty constipation and dyspepsia. As a morning aperient one to three teaspoonfuls should be taken in half a tumbler or more of cold or hot water, on rising.

Of all Chemists and Stores, or direct from us.

Insist on having Bishop's Preparations.

BISHOP'S VICHY VARALETTES.

Vichy Varalettes contain the active medicinal constituents of Vichy Water in a convenient and portable form, dissolving with brisk effervescence and producing a fresh, palatable beverage.

Two Vichy Varalettes dissolved in half a tumbler of hot water at a temperature of Fahr. 106 deg. represent an equal quantity of the natural water.

Vichy Varalettes are of great value in kidney disease, diabetes, gout, hepatic derangements, loss of appetite, and congestion of the liver and spleen.

They are now very successfully used in conjunction with Kissingen for the treatment of overfatness. The waters are taken on alternate days and full particulars of this treatment will be forwarded on application.

BISHOP'S KISSINGEN VARALETTES.

Kissingen Varalettes dissolve with brisk effervescence, producing a sparkling mineral water, fresh and palatable, containing the active medicinal constituents of the Kissingen Spring.

Kissingen Varalettes are alterative and laxative, being used in indigestion and obstructions of the liver and morbid conditions of the kidneys.

Kissingen Water is recommended as a deobstruent with a specific action on the uterine system of women.

Insist on having Bishop's Preparations.

BISHOP'S
Granular Effervescent
MINERAL WATER SALTS.
Made and produced in London.

These Salts offer by far the readiest and most economical means of producing, in the form of a fresh and sparkling draught, the VALUABLE MEDICINAL PROPERTIES of the famous Mineral Water Springs of the Continent. In all these preparations the chemical constituents of the natural waters are reproduced, and thus any quantity—a wineglassful or a tumblerful—may be instantly made by the use of these Effervescent Salts. They yield a very grateful and refreshing draught and have, in addition, the many advantages the Granular Effervescent form presents, being both portable and economical, whilst the Salts with which they are combined are themselves cooling and refreshing. These Mineral Water Salts are far more palatable and pleasant to take than the natural waters, and their large sale is a sufficient guarantee of their utility.

Of all Chemists and Stores, or direct from us.

Insist on having Bishop's Preparations.

The following are among the Mineral Water Salts which we manufacture in the Granular Effervescent form :—

AIX-LES-BAINS. — Recommended for rheumatism, eczema, gout and sciatica.

CARLSBAD.—A laxative and aperient in bilious affections, gall stones, jaundice, gout, gravel and liver complaints.

CONTREXÉVILLE.—Diuretic and laxative. Used for affections of the kidneys.

FACHINGEN.—An alkaline water acting on the kidneys and bladder.

FRIEDRICHSHALL.—An alterative and aperient—used in diseases of the stomach, liver and urinary organs.

HOMBURG.—It acts on the digestive tract, especially the liver, kidneys and spleen.

KISSINGEN.—Alterative and laxative ; used in indigestion, obstructions of the liver, and morbid conditions of the kidneys. Also in the treatment of obesity in conjunction with Vichy. (*See Vichy.*)

KREUZNACH.—A strongly iodised water acting as an alkaline tonic and stimulant to the lymphatic system. It is used in diseases of the skin, rheumatism, scrofula, tuberculosis, etc.

MARIENBAD.—Taken for its laxative effects in abdominal enlargement.

ROYAT.—An alkaline water, useful in gastro-intestinal dyspepsia and catarrhal affections of the urinary passages.

Insist on having Bishop's Preparations.

ST. GALMIER.—Used as an alkaline table water.

SELTZER.—Used as an alkaline table water.

SODA BICARB.—Used as an alkaline table water for acidity and heartburn.

VICHY.—An alkaline water recommended in kidney disease, diabetes, gout, hepatic derangement and congestion of the liver and spleen. It is now successfully used by DR. CATHELL for the treatment of OVER-FATNESS in connection with Kissingen. Particulars of this treatment will be forwarded, post free, on application to Alfred Bishop, Limited.

WIESBADEN.—Used for chronic rheumatism, gout and sciatica.

VARALETTES.

All these Waters are made in the "VARALETTE" form (Compressed Effervescent Tablets), as well as the Granular Effervescent.

Of all Chemists and Stores, or direct from us.

ALFRED BISHOP Ltd.,

Manufacturing Chemists,

Established 1857.

48 SPELMAN STREET,

MILE END NEW TOWN,

LONDON, E.1

Insist on having Bishop's Preparations.

ALFRED BISHOP'S
POPULAR GUIDES TO HEALTH

Will be forwarded post free to any applicant.

No. 1.—**On GOUT.**
No. 2.—**On HEADACHE.**
No. 3.—**On CITRATE OF MAGNESIA** as a Family Medicine.
No. 4.—**On VALUABLE MEDICINES** in Granular Effervescent Form and Mineral Water Salts.
No. 5.—**On OVER-FATNESS.**
No. 6.—**On LIVER and STOMACH COMPLAINTS** and the value of **Livura** as a remedy.
No. 7.—**On the PRINCIPAL MEDICINAL SPRING WATERS** and their use at home.
No. 8.—**On NERVE DISORDERS, IMPAIRED VITALITY, MENTAL DEPRESSION, NERVOUS EXHAUSTION, LASSITUDE & GENERAL DEBILITY, and their successful treatment by TONULES.**
No. 9.—**On HABITUAL CONSTIPATION, and its relief by MAXILS.**
No. 10.—**On INDIGESTION and how its cause may be removed by ALETTES.**

ALFRED BISHOP Ltd.
48 SPELMAN STREET,
MILE END NEW TOWN, LONDON.

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COMMON AILMENTS and RIGHT REMEDIES

FOR	*TAKE*
ACIDITY	BISHOP'S VARALETTES.
ANÆMIA	BISHOP'S TONULES.
BILIOUSNESS	BISHOP'S SODA SULPH.
CONSTIPATION	BISHOP'S MAXILS.
DEPRESSION AND DEBILITY	BISHOP'S TONULES.
ECZEMA (GOUTY)	BISHOP'S PIPERAZINE CITRATE.
FLATULENT INDIGESTION	BISHOP'S CITRATE OF POTASH, GRAN. EFF.
GOUT	BISHOP'S VARALETTES.
GRAVEL	BISHOP'S VARALETTES.
HEADACHE	BISHOP'S CAFFEINE.
HEARTBURN	BISHOP'S VARALETTES.
IMPAIRED VITALITY	BISHOP'S TONULES.
INDIGESTION	BISHOP'S ALETTES.
LIVER (SLUGGISH)	BISHOP'S LIVURA.
LUMBAGO	BISHOP'S VARALETTES.
NERVE DISORDERS	BISHOP'S TONULES.
OVER-FATNESS	BISHOP'S KISSINGEN & VICHY TREATMENT.
RHEUMATISM	BISHOP'S VARALETTES.
RHEUMATIC GOUT	BISHOP'S PIPERAZINE CITRATE.
SCIATICA	BISHOP'S PIPERAZINE AND PHENOCOLL.

Full particulars and prices of any of the above remedies will be sent post free to any address on application to

ALFRED BISHOP, Ltd.,

Manufacturing Chemists.

48, SPELMAN STREET, LONDON, E.1.